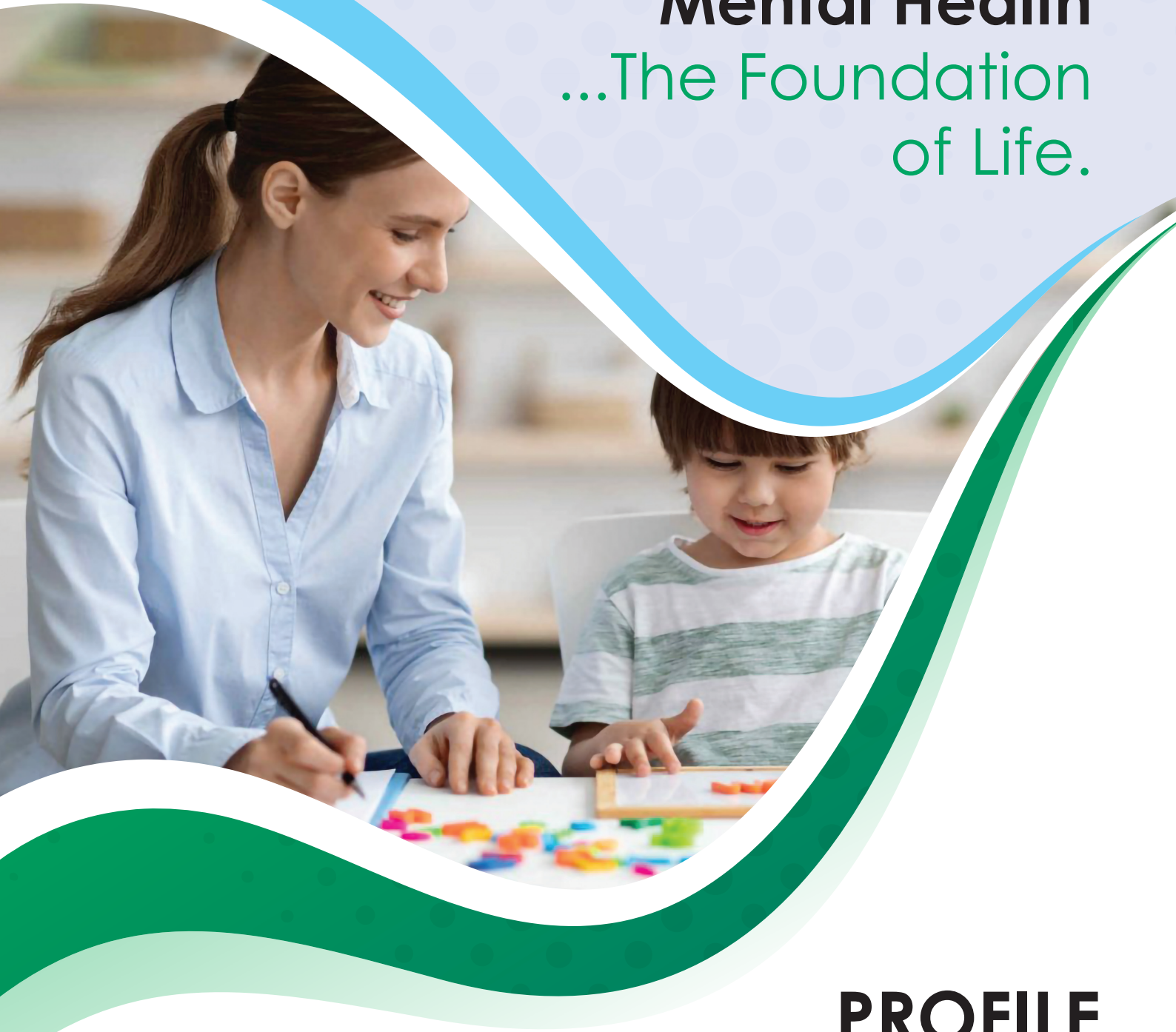


# Mental Health ...The Foundation of Life.



## PROFILE 2025





Located in the heart of Al Soor, Sharjah, Al Soor Specialist Clinic is a trusted provider of expert mental health care in a compassionate, confidential, and supportive environment. Over the years, we have helped more than 30,000 individuals take meaningful steps toward better mental health and well-being.

Today, our multidisciplinary team provides care to over 125 patients every day, offering a wide range of personalized mental health services tailored to meet each individual's unique needs. At Al Soor Specialist Clinic, we are committed to delivering high-quality, evidence-based mental health care that empowers individuals and families to lead healthier, more fulfilling lives.

## Mental Health





# SERVICES AT AL SOOR SPECIALIST CLINIC



## Psychiatry

Psychiatry focuses on diagnosing and treating mental, emotional, and behavioral disorders. At Al Soor Specialist Clinic, our MOH-licensed psychiatrists offer expert care for all age groups. Each patient receives a detailed assessment and a personalized treatment plan. We manage conditions like depression, anxiety, bipolar disorder, schizophrenia, OCD, ADHD, and more. Our team works closely with psychologists and therapists to provide well-rounded care.



## Geriatric Psychiatry

Our Geriatric Psychiatry services are tailored for people aged 65 and older. Mental health issues in this age group—such as late-onset depression, anxiety, dementia (especially Alzheimer's), and psychosis—can be hard to recognize and treat. We use thorough assessments and a cautious, customized approach to medication and therapy. We also consider age-related changes, isolation, and life transitions while planning care.



# Psychosexual Medicine

The Psychosexual Medicine Department helps individuals and couples facing sexual health issues in a private, respectful environment. We treat conditions like erectile dysfunction, premature ejaculation, low desire, sexual anxiety, and vaginismus. These concerns often have physical, emotional, and relationship causes. Our team uses medical treatment, counseling, and psychological therapy to help clients restore healthy sexual functioning and confidence.



## Clinical Psychology

Our Clinical Psychology Department offers therapy for children, teens, and adults dealing with anxiety, depression, trauma, stress, and emotional or relationship difficulties. We use evidence-based methods such as CBT, DBT, and play therapy, tailoring each session to the person's needs. Our psychologists also conduct assessments for learning issues, ADHD, autism, and personality concerns. We aim to build resilience, insight, and well-being.



## Cognitive Behavioral Therapy (CBT)

CBT is a short-term, structured therapy that helps people manage emotional difficulties by changing negative thinking patterns. It is effective for treating anxiety, depression, OCD, PTSD, eating disorders, and insomnia. CBT teaches practical coping strategies and encourages clients to face challenges with greater control and confidence. Our trained therapists guide clients through goal-oriented sessions to build lasting skills.





# Marital Therapy

Marital or couples therapy helps partners resolve conflicts and improve their emotional bond. It can address infidelity, poor communication, parenting stress, financial issues, and intimacy concerns. Our therapists use proven techniques to help couples express their needs, rebuild trust, and reconnect emotionally and physically. Therapy can strengthen relationships at any stage—whether dating, engaged, married, or in long-term partnerships



# Child Guidance Clinic

Our Child Guidance Clinic supports children and adolescents with behavioral, developmental, emotional, or academic concerns. A team of specialists—including psychiatrists, psychologists, speech therapists, and occupational therapists—works together to assess and treat each child. Issues we manage include ADHD, autism, anxiety, depression, learning disorders, and social difficulties. We also provide parenting support and school collaboration to ensure progress at home and in class.



# Occupational Therapy

Our Pediatric Occupational Therapy team helps children develop independence in daily tasks like dressing, eating, writing, and playing. We work with children who face challenges with fine and gross motor skills, movement, coordination, attention, or sensory processing. Therapy sessions are play-based and engaging, and plans are tailored to each child's needs. Parents are closely involved to reinforce progress at home and school.



# Speech Therapy

Speech Therapy helps children with speech and language difficulties that affect their ability to communicate, learn, and interact socially. We address articulation issues, stuttering, voice problems, and language delays. We also support children with special needs using AAC tools. Therapy is based on a thorough evaluation, and we involve parents and teachers to ensure success across all areas of the child's life.



## DOCTORS AT AL SOOR SPECIALIST CLINIC



**Dr. Balan Vijay Kumar**  
MBBS, DPM, MD(Psychiatry)

**SPECIALIST PSYCHIATRIST**  
(MOH: D21205)

**Dr. Balan Vijay Kumar**, MBBS, DPM, MD (Psychiatry), is a Specialist Psychiatrist (MOH: D21205) at Al Soor Specialist Clinic. He completed his MBBS from Goa Medical College in 1985 and MD in Psychiatry from the Central Institute of Psychiatry, Ranchi in 1991. He has previously served at NIMHANS, CMC Vellore, and KMC Manipal. Dr. Balan has been practicing in the UAE since 1998. His areas of interest include Psychopharmacology and Cognitive Behaviour Therapy.

**Languages : English, Hindi, Malayalam & Tamil.**





**Dr. Elizabeth Kurian**  
MBBS, MD (Psychiatry)

**SPECIALIST PSYCHIATRIST**  
(MOH: D17910)

**Dr. Elizabeth Kurian**, MBBS, MD (Psychiatry), is a Specialist Psychiatrist (MOH: D17910). She earned her MBBS from Government Medical College, Kottayam in 2004 and MD from St. John's Medical College, Bangalore in 2009. She served as Assistant Professor at Pushpagiri Medical College and has over 12 years of UAE experience. She specializes in adult, child, and adolescent psychiatry.

**Languages: English, Hindi, Malayalam & Tamil**



**Dr. Thenral Munusamy**  
MBBS, MD(Psychiatry),  
MRCPsych(UK)

**SPECIALIST PSYCHIATRIST**  
(MOH: D71184)

**Dr. Thenral Munusamy**, MBBS, MD (Psychiatry), MRCPsych (UK), is a Specialist Psychiatrist (MOH: D71184). She completed her MBBS from Thanjavur Medical College in 2004 and MD from Stanley Medical College, Chennai in 2009. She is a Member of the Royal College of Psychiatry, UK. She worked as faculty at Shri Sathya Sai Medical College and moved to the UAE in 2021. Areas of interest include adult psychiatry, women and adolescent mental health.

**Languages: English, Hindi & Tamil.**



**Dr. Jeena Fiji**  
MBBS, DPM, MRCPsych(UK)

**GP (PSYCHIATRY)**  
(MOH: D18737)

**Dr. Jeena Fiji**, MBBS, DPM, MRCPsych (UK), is a GP (Psychiatry) (MOH: D18737). She earned her MBBS from Terna Medical College in 2000 and a Diploma in Psychiatry from Sion Hospital, Mumbai in 2003. She became a member of the Royal College of Psychiatry, UK in 2025 and has been practicing in the UAE since 2011. Her interests include adult psychiatry, stress management, and child behavioral issues.

**Languages: English, Hindi & Malayalam.**



### **Dr. Nimitha Jayan**

MBBS, MD(Psychiatry)  
DM(Geriatric Psychiatry),  
Fellowship(Psychosexual Medicine),  
Postgraduate Diploma(Geriatric Medicine)

**SPECIALIST PSYCHIATRIST**  
(MOH: D80125)

**Dr. Nimitha Jayan**, MBBS, MD, DNB (Psychiatry), DM (Geriatric Psychiatry), is a Specialist Psychiatrist (MOH: D80125). She studied at Amala Medical College, MES Medical College, and King George Medical University. She also holds a Fellowship in Psychosexual Medicine and a Diploma in Geriatric Medicine. She previously worked at KGMU as Assistant Professor. Practicing in the UAE since 2023, her interests include psychiatry across all ages and integrative mental healthcare.

**Languages: English, Hindi, Malayalam & Tamil.**



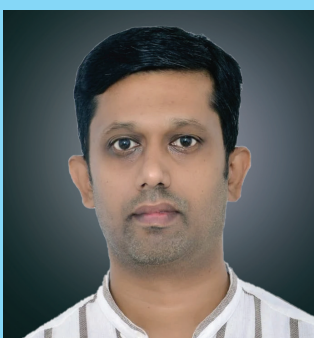
### **Dr. Sakshi Rai**

M.A., M.Phil.(Clinical Psychology), Ph.D.

**CLINICAL PSYCHOLOGIST**  
(MOH: T76202)

**Dr. Sakshi Rai**, M.A., M.Phil., Ph.D., is a Clinical Psychologist (MOH: T76202). She completed her MA from BHU, M.Phil. from CIP Ranchi, and Ph.D. from Ranchi University. She has held faculty positions at CIP Ranchi and CMC Vellore. Her clinical interests include CBT, personality assessment, and child/adult mental health. She is RCI-registered and a member of professional associations

**Languages: English, Hindi, Malayalam & Bangla.**



### **Dr Abraham Bose**

M.Phil (Clinical Psychology), Ph.D.

**CLINICAL PSYCHOLOGIST**  
(T-81463)

**Dr. Abraham Bose**, M.Sc., M.Phil., Ph.D., is a Clinical Psychologist (MOH: T81463). He completed his training at Christ College and RINPAS, Ranchi. He has served in Amrita Institute of Medical Sciences and Aster MIMS. He specializes in CBT, child/adult psychology, neuropsychology, and marital therapy. He is RCI-registered and licensed in UAE.

**Languages: English, Hindi & Malayalam.**





**Lakshmi Vipin Krishnan**  
M.Sc. (Clinical Psychology)

**CLINICAL PSYCHOLOGIST**  
(MOH: T46611)

**Lakshmi Vipin Krishnan**, M.Sc. (Clinical Psychology), is a Clinical Psychologist (MOH: T46611). She graduated from Christ College and Montfort College, Bangalore. She has worked in NGOs, special needs centers, schools, and clinics across India and UAE. Her specialties include CBT, SFBT, and psychological assessments.

**Languages: English, Hindi, Tamil, Kannada & Malayalam.**



**Hima Jayakaran**  
B.OT.(Bachelor of Occupational Therapy)

**OCCUPATIONAL THERAPIST**  
(MOH: T78271)

**Hima Jayakaran**, B.OT., is a Pediatric Occupational Therapist (MOH: T78271). She graduated from SRM College of Occupational Therapy and has over 18 years of experience. She specializes in sensory integration, motor development, and handwriting therapies. She is certified in OPT, Sensory Integration, and HWT.

**Languages: English, Tamil, Hindi, Malayalam.**



**Sneha Abraham**  
MALSP (Audiology and  
Speech Language Pathology)

**SPEECH THERAPIST**  
(MOH: T-81681)

**Sneha Abraham**, BALSP, MALSP, is a Speech and Language Therapist (MOH: T81681). She completed her degrees from Mangalore University. She treats ASD, ADHD, language delays, and other disorders. She is certified in Oral Placement Therapy (Level 1) and holds licenses from MOH and RCI.

**Languages: English, Hindi & Malayalam.**

## Take the First Step Toward Mental Wellness

At Al Soor Specialist Clinic, your mental health matters. Whether you're seeking guidance, treatment, or simply a safe space to talk-we're here for you. Connect with Us Today.

**Visit [mentalhealthwithaloor.com](https://mentalhealthwithaloor.com)** or call us to book your appointment. Let's work together towards mental health.



**Al Soor Specialist Clinic,  
Sharjah, UAE**

**[mentalhealthwithaloor.com](https://mentalhealthwithaloor.com)**

**Call Us**

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**+971 50 2450 715**